

# OUT of DOORS for WOMEN

Vol. III.

San Diego, California, November, 1896.

No. 29.

Issued Monthly at No. 365 Twenty-first St. by OLIVE L. EDDY ORCUTT, M.D.

## San Francisco:

Wm. E. Lóy, 531 Commercial St.

Price: 5c.

## Los Angeles:

Fowler & Colwell, 115 W. 2d St.

Annual Subscription: 25c.

## FLORA OF SOUTHERN AND BAJA

### CALIFORNIA.

(Continued from page 31.)

- Canbya candida Parry.      bni  
aurea Watson.              ?  
Papaver californicum Gray. h  
Eschscholtzia californica Cham.  
elegans Greene  
glauca                      "  
glptosperma Greene  
maritima                  "  
mexicana                  "  
minutiflora Watson        d  
parishii Greene  
peninsularis Greene  
ramosa                      "

### Fumariaceæ.

- Dicentra chrysantha H. & A.  
ochroleuca Engelmänn.

### Cruoiferae.

- Arabis arenata Gray  
v. longipes Watson  
beckwithii              '  
filifolia Greene  
ludoviciana C. A. Meyer  
parishii Watson  
perennans Watson  
perfoliata Lam.  
platysperma Gray  
pulchra Jones  
repanda Watson

## How's This?

We offer One hundred dollars reward for any case of catarrh that cannot be cured by Hall's Catarrh Cure.

F. J. Cheney & Co., props., Toledo, O.

We, the undersigned, have known F.J. Cheney for the last 15 years, and believe him perfectly honorable in all business transactions, and financially able to carry out any obligation made by their firm.  
West & Truax                      }  
Walding, Kinnan & Marvin }

Wholesale druggists, Toledo, O.

Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucous surfaces of the system. Price 75c per bottle. Sold by all druggists.

Testimonials free.

Hall's Family Pills are the best.

## LIBRARY NOTES.

Sharon Cactus Guide, a monthly devoted to the cultivation of cacti and succulent plants. 50c. per year; sample for stamp. Fred. W. Heinz, editor,

Sharon, Pa.

Our new president's march, composed by Juliet S. Norton, and dedicated to the Republican party, has just been received from the Union mutual music company, 265 6th ave., N. Y. 50c.—25c to our sub's.

The West American Museum of Nature and Art.

## School of Science.

No. 365 Twenty-first street (corner of J), SAN DIEGO, CALIFORNIA.

Chemistry at a glance; a study in molecular architecture. No. 1. 60c. H. B. Finkle, 131 Lexington avenue, N. Y. The dominant feature of the work is the elaboration and simplification of graphic formulae, by which the character and relation of substances are set forth with increased force and clearness. We hope to see this work completed, and believe it should meet with wide use as a text book.

The Youth's Companion, Boston, is replete each week with instructive and entertaining literature—a treat for the old, as well as for the young, folks.

Outing: 239 Fifth av., N. Y., comes to hand each month, full of out door life and recreation, short stories, etc.

The Ladies' Home Journal: Philadelphia, is rich with hints for making the home life pleasant.

Gardening, Monon building, Chicago, 24 numbers a year for \$2, is an excellent journal for amateurs, now in its 5th vol.

The American naturalist, 518 Minor st. Philadelphia, gives an epitome of the scientific activity of the day.

The bulletin of the Torrey botanical club, Columbia University, N. Y., gives working botanists an indispensable help in its monthly index to recent literature relating to American botany.

Amateur Gardening: Springfield, Mass. An illustrated monthly, the only horticultural publication in New England, and it goes to all parts of the New England states. Any advertising agent will take your order for advertising in it, or you can send direct to the publishers, Amateur Gardening Co., Springfield, Massachusetts.

Other valued exchanges:—The American florist, Chicago; Florists' exchange, New York; Vick's magazine, Rochester; Strawberry culturist, Salisbury, Md. &c.

Garden and Forest, Tribune building N. Y., under Prof. C. S. Sargent, is one

of the most valuable of the weeklies in America. \$4 a year.

The Garden, 37 Southampton street, London, is the most valuable of the foreign horticultural journals to reach our table, and each weekly number contains a finely colored plate of some flower.

The Delineator, woman's favorite magazine, for December, contains beautiful colored fashion plates, descriptions of dress modes and winter millinery, and general and literary matter pertaining to the holiday season. 7 W 13th st. N. Y. 15c.

#### EXCHANGES.

Books and magazines wanted by the editor; offer same, also cacti, seeds, &c.

#### NECROLOGY.

Dr. G. Brown Goode, assistant sec'y of the Smithsonian Institution, died Sept. 6, in Washington.

Josiah Dwight Whitney, professor of geology at Harvard University, and once California state geologist, died recently at the age of 77 years.

#### THE COMPANION CALENDAR.

It is said that the expense of making the Companion Art Calendar for 1897 was so great that had it been published in the usual quantity it could not be sold for less than \$1. Four beautiful female figures are reproduced on 4 folding pages. Each is lithographed in 12 colors. It is given free to all new subscribers to the Youth's Companion, 205 Columbus avenue, Boston, Mass. sending \$1.75 for 1897. Fully 200 of the most famous of men and women of both continents are contributors. Illustrated prospectus free.

**BOOKS** bought, sold and exchanged.  
**CACTI, ROSES**, etc. for sale.

This office.

**Ranch**

for  
rent  
cheap.

**Cacti**

for Christmas. 365 21st street  
What have you to swap?

## SAN DIEGO DIRECTORY

You can aid us by dealing with those who advertise in our columns, and mentioning this magazine in making any inquiry or purchase.

## Attorneys

N. S. HAMMACK, Atty. and Counselor.  
Real Estate and Loans. 1015 5th St.  
N. H. Conklin, Attorney-at-law;  
Practices in all courts of the state and  
United States. No. 920 Fifth street.  
D. M. Hammack, \$35 6th

## Carpenters

City carpenter shop: H. W. Brewer, contractor and general jobber. Insurance lesses on buildings estimated. Goods packed for shipment or unpacked. Store, office and sign work a specialty. Screen doors and windows. 747 7th st.

## Curios

The WORLD SHELL and CURIO Co.

MISS J. M. COOKE, manager,  
SHELLS, MINERALS, OPAL, Mosses, Ferns,  
Cacti, and all kinds of specimens and curios.  
No. 1045 5th st., between C & D,  
San Diego, Cal. Particular attention to  
supplying collections and museum.

## Dry Goods

M. A. Lesem, 5th

## Hotels

Hotel Brewster: 4th & C sts. American plan; strictly first class; rates \$2.50 per day and up; best equipped hotel in southern California.

## Insurance

A. E. DODSON, Insurance  
Notary Public  
Government Lands  
Pensions  
1411 E st. San Diego, Cal.  
THEO. FINTZELBERG,  
Real Estate, Insurance, Commission,  
Notary Public. P. O. box 986.  
Express block.  
J. H. Ferry, 915 4th

Just a thought to give thee pleasure,  
Just a hope to gild the way,  
Just a word to speak of Jesus,  
Do you love Him as you may?

Baltimore cactus journal—we want No. 1 and 6 of the first volume to complete our file, and will give any fair exchange.

The Review of Reviews: 13 Astor Pl. N. Y., keeps one well informed on the current history of the world, impartially giving both sides of every important question.

Child Garden of story, song and play: 1400 Auditorium, Chicago, is an instructive and pleasing journal for the little ones.

'Won't you give your love to me,' song and chorus by Paul L. Woirol, comes to hand with the compliments of F. W. Helmick. Union mutual music comp'y 265 6th avenue, New York, publishers. Price 40c. a copy—half price (20c.) to our music-loving readers.

America's successful men of affairs: an encyclopedia of contemporaneous biography, edited by Henry Hall. The N. Y. Tribune. 2 vol., \$20.00 Volume 1 describes the careers and characters of nearly 1000 of the men most prominent in finance and practical pursuits in the metropolitan district of New York. Vol. 2 is devoted to the master spirits of the business world in the United States at large. The examples of success in this work should prove a strong incentive to the capable youth of America to make the most of their lives, to begin in youth to cultivate habits of thrift and thoroughness, and to lay the sound basis of character, energy and integrity, without which a lasting success is impossible. Wealth is the main element by which the success of these men is estimated, but as a concise history of the millionaires of our day, and the origin of their wealth, the work is worthy of careful study.

# Go to Llewellyn's

for BOOTS and SHOES.

724 5th street.

Go to the GERMAN BAKERY for the celebrated COTTAGE BREAD.

Twenty-six loaves for one dollar.

S. SCHRANK, proprietor, Twelfth and F streets, San Diego, California.

## Danger Signals

*More than half the victims of consumption do not know they have it. Here is a list of symptoms by which consumption can certainly be detected:—*

*Cough*, one or two slight efforts on rising, occurring during the day and frequently during the night.

*Short breathing* after exertion.

*Tightness of the chest*.

*Quick pulse*, especially noticeable in the evening and after a full meal.

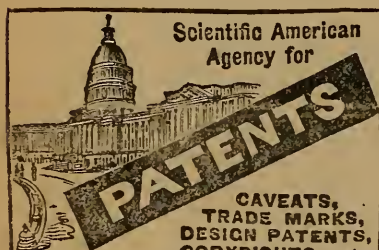
*Chilliness* in the evening, followed by *Slight fever*.

*Perspiration* toward morning and

*Pale face and languid* in the morning.

*Loss of vitality*.

If you have these symptoms, or any of them, do not delay. There are many preparations which claim to be cures, but **Dr. Acker's English Remedy for Consumption** has the highest endorsements, and has stood the test of years. It will arrest consumption in its earlier stages, and drive away the symptoms named. It is manufactured by the Acker Medicine Co., 16 and 18 Chambers St., New York, and sold by all reputable druggists.



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## Scientific American

Largest circulation of any scientific paper in the world. Splendidly illustrated. No intelligent man should be without it. Weekly, \$3.00 a year; \$1.50 six months. Address, MUNN & CO., PUBLISHERS, 361 Broadway, New York City.

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Fine watch repairing our specialty.

Manufacturing Jewelers,

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### Notary Public

F. P. BRUNER, Notary Public, conveyancer of deeds, etc. With Wells, Fargo & Co., 6th & F sts., San Diego, California.

### Orange and Lemon Wrappers

M. A. Wertheimer, 1314 E

### Physicians and Surgeons

DRS. MORGAN & POLHEMUS,

Physicians and Surgeons.

Telephone No. 51—

1 ring, office, 1045 Sixth street;

3 rings, Dr. M.'s residence, 1451 6th st.

4 rings, Dr. P.'s residence, Fourth and

Brookes av., San Diego, Calif.

Olive L. Eddy Orcutt,

Homeopathic Physician, 365 21st st.

### Real Estate, Loans, &c.

H. H. Dougherty, 7031 4th

J. B. Smith, 1031 4th

### FOR SALE —

Lot 40x70 ft., corner 15th and H, with a 5-room house, cheap. 365 21st st.

Second Goods

L. N. Skinner, 6th & H